

NUTRITION IS EASY...

This pamphlet is a flexible guide that can be adapted for those who want to control their weight, who are looking for economy or convenience and who snack or eat out often.

Easy Eating has been designed by food and nutrition experts to help people make good food selections — no matter what their lifestyle.

In this guide, healthful foods are divided into four categories, according to the main nutrients they provide:

- milk and milk products
- meat and alternates
- bread and cereals
- fruits and vegetables

It's important to eat a variety of foods from each group each day to ensure nutrition needs are met. Energy needs vary with age, sex and activity... for extra calories, eat more servings from each group or add other foods.

If this guide is followed, nutrient needs will be met. Vitamin pills, which provide only a few of the nutrients needed for health, will not make up for poor eating habits.

READ THE LABEL

With the thousands of products on the market today, it's important to read labels on cans, jars or packages. Labels can provide information that helps you make nutritious and economical purchases.

Information to look for on labels:

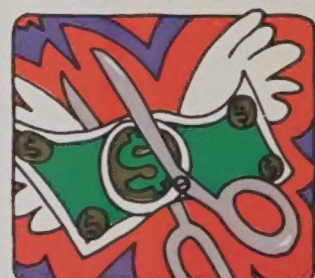
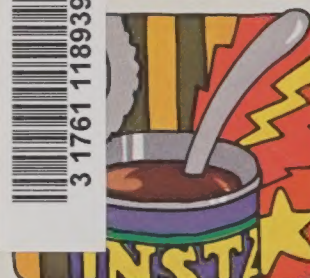
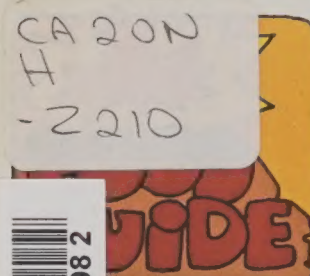
- **PRICE** — can help in selecting the least expensive of similar foods.
- **ENRICHMENT** — if the bread, cereal and pasta you select is not whole-grain, see if it's enriched with B vitamins and iron.
- **LIST OF INGREDIENTS** — check:
 - (a) the order of the listed ingredients, because they're listed in descending order of proportion — if a canned dinner lists gravy, potatoes and beef, it contains more gravy and potatoes than meat.
 - (b) whether actual foods are used or just their flavoring — orange juice versus orange-flavored drinks; or milk versus coffee whiteners. The real thing is the most nutritious and often the best buy.
- **COOKING AND STORAGE INSTRUCTIONS** — to ensure optimal retention of nutrients, color and flavor.
- **GRADES** — there is no nutritional difference between Fancy, Choice and Standard, so choose the one best suited for your use.
- **"BEST BEFORE" DATE** — the date after which the manufacturer estimates that the product is no longer at its peak of wholesomeness, taste or nutritional value.

easy eating

with Canada's Food Guide

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Ministry of Health

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FOOD GUIDE



What to eat for weight control

MILK and MILK PRODUCTS
Children (up to 11 years)
— 2 - 3 servings
Adolescents -
— 3 - 4 servings
Pregnant and nursing
women
3 - 4 servings
Adults — 2 servings

MEAT and ALTERNATIVES
2 servings
Examples include:
poultry, fish, liver, meat,
peanut butter, dried
peas, beans or lentils,
nuts, cheese, eggs

BREAD and CEREALS
3 - 5 servings of
whole-grain or enriched
products
Examples include:
bread, cereals, rice,
macaroni, spaghetti

FRUITS and VEGETABLES
4 - 5 servings
Include at least 2
vegetables. Choose a
variety of both
vegetables and fruits,
cooked, raw or their
juices. Include yellow or
green or green leafy
vegetables

Low calorie milk choices
such as:
2 per cent or skim milk; plain
yoghurt; buttermilk;
uncreamed cottage
cheese; skim milk cheese

Choose small (3 oz.)
servings of boiled, broiled or
roasted lean meats. Trim off
visible fat. Pass up the
gravy!
Eggs, fish, poultry

Remember to include these
foods; they contribute
important nutrients:
plain rolls and biscuits;
unsweetened cereals;
bread (use less butter, jam,
etc.)

Choose these foods in their
lowest calorie form: e.g.
apple instead of apple pie,
unsweetened juices;
baked, steamed, boiled or
raw vegetables;
vegetables served without
butter, sauces, and gravy;
green salads



What to eat for convenience

All milk products are
convenient; fluid milk; ice
cream; yoghurt; milk-based
soup; cheese

Peanut butter; hamburgers;
hot dogs; sliced luncheon
meats; baked beans with
pork; cheese; eggs

Bread; ready-to-eat
cereals; muffin and tea
biscuit mixes; ready-made
or bake-and-serve rolls

Choices requiring little or no
preparation time:
juices; fresh fruit, canned or
frozen fruit and vegetables;
dried fruit, e.g. raisins, tossed
green salads, raw
vegetables



How to cut costs

Milk products are high in
nutrients — a good buy:
skim milk powder; canned
milk; block cheese; cottage
cheese

Consider cost per serving,
not cost per pound, when
buying meat. Watch for
weekly specials. Use less
meat and more meat
substitutes such as
macaroni and cheese;
peanut butter and bread,
baked beans, eggs

Use breads and cereals to
stretch protein foods in
casseroles and meat
loaves. Long-cooking rice;
cooked cereals; day-old
bread for toast; puddings

Nutrients are about the
same in fresh, frozen or
canned fruits and
vegetables, so buy the least
expensive. Fresh produce in
season. Usually store brands
are less expensive. Use
leftovers in soups or stews



Nutritious snacking

Milk; milkshakes; ice cream;
cheese; egg-nogs

Snacks for hearty appetites:
cold meat slices; cheese;
hard-cooked eggs; nuts;
hot dogs; peanut butter and
bread

Muffins; biscuits;
ready-to-eat cereals;
bread; toast; crackers

Juices, fresh fruit,
combinations such as: fruit
and cottage cheese; fruit
and cheese kebabs; raw
vegetables nibblers, e.g.
carrot sticks, green
peppers, tomatoes with
yoghurt as dip



Selections for eating out

Milk; milkshakes; yoghurt;
custard or milk puddings;
cheese; milk soups; ice
cream

Pizza; lasagna; hot dogs;
hamburgers; fried chicken;
fishburgers; omelettes; other
meat; fish; poultry; cheese;
egg dishes

Pancakes; crepes; bran
muffins; pasta dishes —
spaghetti, lasagna; bread;
rice pudding

Vegetable soups and
juices; side salads; tossed
salad; coleslaw;
vegetables with the entree;
fruit cup and fruit salad
plates